

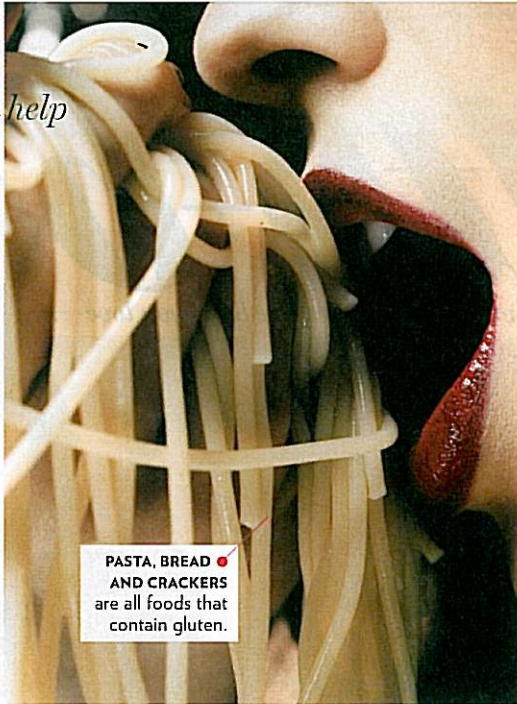
# The Next Big Diet Trend

*Is gluten-free healthier for you or just hype?*

If gluten-free foods aren't in your supermarket yet, they will be soon. Hundreds of products, from pasta to crackers to cake mixes, have recently hit shelves.

## WHAT'S BEHIND THE BOOM?

The explosion is due in part to increasing rates of celiac disease, an autoimmune disorder that makes people unable to tolerate gluten, a protein in grains like wheat. Cases have risen by more than 300 percent since the 1950s, a recent study found. One reason for that may be overexposure: "Many additives in processed foods now contain gluten, so you find it in unexpected things, like hot dogs," says Los Angeles dietitian Ashley Koff, R.D. For the nearly one percent of people with celiac disease, eating gluten can cause digestive damage and even infertility.



**PASTA, BREAD AND CRACKERS** are all foods that contain gluten.

## ARE GLUTEN-FREE FOODS HEALTHIER IF YOU DON'T HAVE CELIAC?

Not necessarily, says Koff, since gluten-free snacks like cookies and crackers typically have just as much fat and sugar as conventional ones. But if you have chronic digestive issues such as bloating, gas or constipation, Koff suggests asking your doctor about doing a blood test for celiac. Just don't change your diet before you get tested—doing so could alter your results. —*Sunny Sea Gold*

# HEALTH ANSWERS, PLEASE!

FROM JOANN E. MANSON, M.D.



**WOOLZY?** Crash dieting may be to blame.

## I get dizzy and have tunnel vision almost every time I stand up. What's going on?

—TAYLOR, SHOREWOOD, ILL.

When you stand up, gravity pulls blood into your lower body for a moment—and if your body doesn't adjust in time, less blood flows into your brain and you get light-headed. Everybody experiences this occasionally, but I admit it's unusual to see a young woman having episodes so often. Not eating or drinking enough can trigger this—are you dieting?

Get a Q of your own? E-mail Dr. Manson at [healthhelp@glamour.com](mailto:healthhelp@glamour.com).

## No, I've been this way for months. Is that bad?

Definitely see your doctor. The dizziness could be a side effect of medication, or a sign of anemia, diabetes or a hormonal problem. In the meantime, take extra care when standing up—fainting and doing a nosedive into the coffee table wouldn't be good for you!



*Glamour* contributing editor JoAnn E. Manson, M.D., is chief of the division of preventive medicine at Boston's Brigham and Women's Hospital, professor of medicine at Harvard Medical School and a lead researcher on several women's health studies.

## Eat...more!

### ◀ YOU CAN HAVE THIS

One fried chicken breast  
370 calories,  
21 grams fat

### OR ALL THIS ▶

A grilled chicken breast (like from KFC), a side of green beans, a side of mashed potatoes and gravy and a salad with light Italian dressing  
360 calories,  
9 grams fat



**SO REMEMBER:** Going grilled is one of the easiest ways to fit more food into any meal. Nix breaded and fried options and you'll get a complete lunch that will leave you satisfied. —*Marissa Lippert, R.D.*

*health quickie* Clean teeth, stronger brain? Research has linked gum disease to memory loss later in life.